

# 2024

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## GLAUCOMA AWARENESS MONTH

### January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- \* Jan. 2 is National Motivation Day
- \* Jan. 12 is National Pharmacists Day
- \* Jan. 24 is National Compliment Day

## BLACK HISTORY MONTH

### February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

- \* Feb. 4 is World Cancer Day
- \* Feb. 10 is Lunar New Year
- \* Feb. 20 is World Day of Social Justice

## WOMEN'S HISTORY MONTH

### March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- \* March 1 is National Day of Unplugging
- \* March 13 is No Smoking Day
- \* March 20 is World Oral Health Day

### April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- \* April 1 is Take Down Tobacco National Day of Action
- \* Apr. 7 is World Health Day
- \* Apr. 15 is Purple Up! for Military Kids Day
- \* Apr. 22 is Earth Day

## ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

### May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	30	31		

- \* May 7 is World Asthma Day
- \* May 19 is No Menthol Sunday
- \* May 31 is World No Tobacco Day

## LGBTQ+ PRIDE MONTH

### June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- \* June 1 is National Cancer Survivors Day
- \* June 2 is Global Day of Parents
- \* June 5 is World Environment Day

### July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- \* July 4 is Independence Day
- \* July 28 is World Hepatitis Day
- \* July 30 is International Day of Friendship

### August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- \* Aug. 11 is Ntl Sons & Daughters Day
- \* Aug. 12 is International Youth Day
- \* Aug. 15 is National Relaxation Day

## NATIONAL BREASTFEEDING MONTH

## NATIONAL RECOVERY MONTH

### September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- \* Sep. 8 is National Grandparents Day
- \* Sep. 12 is National Day of Encouragement
- \* Sep. 13 is Stand Up to Cancer Day

## BREAST CANCER AWARENESS MONTH

### October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- \* Oct. 10 is World Mental Health Day
- \* Oct. 11 is National Coming Out Day
- \* Oct. 20-26 is Healthcare Quality Week

### November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- \* Nov. 14 is World Diabetes Day
- \* Nov. 21 is National Rural Health Day
- \* Nov. 21 is the Great American Smokeout

### December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- \* Dec. 1 is World AIDS Day
- \* Dec. 3 is Persons with Disabilities Day
- \* Dec. 31 is Make Up Your Mind Day

## QUIT SMOKING ■ QUIT VAPING ■ QUIT SMOKELESS TOBACCO



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Free tools and info to help you or someone you care about quit.

[KickItCa.org](http://KickItCa.org)



**Speak with a Quit Coach**  
Monday-Friday 7 am to 9 pm  
Saturday 9 am to 5 pm

English 1-800-300-8086  
Spanish 1-800-600-8191



**Chat with a Quit Coach**  
Monday-Friday 7 am to 9 pm  
Saturday 9 am to 5 pm

[kickitca.org/chat](http://kickitca.org/chat)



**Automated Text Program**  
Helpful tips and encouragement at each step of your quit journey.

Text "Quit Smoking" or "Quit Vaping" to 66819  
Envie "Dejar de Fumar" o "No Vapear" al 66819



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**Quit Smoking Vids**  
Tips for planning to quit, staying motivated, and handling cravings.

[youtube.com/KickItCa](http://youtube.com/KickItCa)

Kick It California (formerly California Smokers' Helpline) provides free, non-judgmental quit support in English, Spanish, Chinese, Korean, and Vietnamese. Enroll today for one-on-one support from caring, trained professionals. We have lots of tools to help you! Coaching is based on clinical research conducted by UC San Diego Moores Cancer Center and funded by First 5 California and the California Department of Public Health.

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**KICK IT**  
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